

## Brochures to Print or Order from the Website

- ABIN-PA Services
- Brain Injury Basics
- Building New Lives
- Changes in Your Loved One
- Children Require Rehabilitation
- Criminal Justice
- Customer Service
- Definitions
- Discharge Planning
- Domestic Violence
- Everybody Knows Somebody
- Families
- Financial Planning
- Healing Strategies
- Law Officers: Info & Strategies
- Medication Record
- Partnering with Professionals
- Planning Your Recovery
- Professionals You May Meet
- Public Benefits
- Rehabilitation
- Seniors
- Sports
- Suicide Prevention
- Telephone Book
- Veterans

## Brain Injury Resources

- ABIN-PA InfoLine 800-516-8052  
[www.abin-pa.org](http://www.abin-pa.org)
- Area Agency on Aging (phone book)
- BIAA Help Line 800-444-6443  
[www.biausa.org](http://www.biausa.org)
- BIAPA Resource Line 866-635-7097
- Brain Injury Help Line 866-412-4755  
(PA DOH free literature, books)
- CHIP 484-477-2948  
(Children's Health Insurance Program)
- Disability RightsNetwork  
(SpEd,TBI,SS) 800-692-7443
- Elks Nurses (PA) 814-781-7860  
(care plan if disabled before 22)
- Head Injury Program 717-772-2762  
(1 year of rehab, \$100,000 max)
- Health Law Project 800-274-3258  
(help with public benefits)
- Legal Aid (PA) 800-322-7572
- Meals on Wheels [www.mealcall.org](http://www.mealcall.org)
- Medicaid Waivers 877-550-4227  
(Help at home, COMMCARE)
- Medical Assistance 866-542-3015  
(some adults, all disabled children)
- Medicare Coverage 800-633-4227  
(24/7 line, A & B in-home services)
- Medicare Denials 800-322-1914
- Social Security 800-772-1213  
(survivors, disability, low income)
- Special Ed Consult Line 800-879-2301
- Special Needs Help 800-521-6860  
(Medicaid rehab for children)
- Vocational Rehab [www.dli.state.pa.us](http://www.dli.state.pa.us)

# SENIORS 75+ HIGHEST BRAIN INJURY RATE: Action Plan Required



ACQUIRED BRAIN INJURY  
NETWORK OF PENNSYLVANIA  
Office: 1-215-699-2139  
Messages: 1-800-516-8052  
Fax: 1-215-699-5139  
Email: [info@abin-pa.org](mailto:info@abin-pa.org)  
Website: [www.abin-pa.org](http://www.abin-pa.org)

## Frequency

According to the Centers for Disease Control and Prevention, "People age 75 and older have the highest rates of TBI-related hospitalization and death. In addition, they recover more slowly and die more often from these injuries than do younger people." Order free brochures at [www.cdc.gov](http://www.cdc.gov).

## What is a brain injury?

Traumatic Brain Injury comes from a blast, blow, fall, whiplash, impact or gunshot. Non-traumatic causes of brain injury include seizures, high fever, stroke, bypass operations, sepsis, etc. This may interfere with signaling within the brain and affect thinking, bodily functions, behavior.

## Who can diagnose?

Neuropsychologists provide evaluations and neuropsychiatrists manage medications. Many physicians are uninformed about brain injury and may mistake it for dementia.

## Cognitive impact...?

Memory. Processing speed. Word finding. Concentration. Judgment. Distraction. Conversation. Spatial awareness. Organization. Planning. Starting or finishing. Multi-tasking. Etc.

## Physical impact...?

Seizures. Unsteady. Spastic muscles. Weakness. Paralysis. Blurred vision. Ringing in the ears. Slurred speech. Headache. Fatigue. Inability to wake up. Nausea. Vomiting. Dilation of one or both pupils. Sensitive to light, noise. Etc.

## Behavioral impact...?

Anxiety. Depression. Mood changes. Impulsive behavior. Easy agitation. Egocentric behavior. Changes in sex drive. Difficulty considering others. Etc.

## Tips for recovery

1. Prevent further brain injuries.
2. Provide plenty of rest & sleep.
3. Encourage water, fruits & veggies.
4. Address substance abuse.
5. Focus on personal interests daily.
6. Learn about brain injury.
7. Create a personal circle of support and consider a support group.
8. Assure pleasure EVERY DAY!
9. Assure continued rehabilitation.
10. Apply for the CPMMCARE Waiver.
11. Avoid drugs that subdue if possible.
12. Seek cognitive retraining, physical therapy, occupational therapy, vision therapy, counseling, hyperbaric oxygen therapy, music therapy, etc.
13. Allow the brain activity that is required for recovery. Permit errors.

## Special concerns—talk to your doctor!

1. Review medications with your doctor or pharmacist to prevent drowsiness and dizziness.
2. See the doctor for every bump or blow if using coumadin or aspirin.
3. Consider exercise and strength training to decrease falls.
4. Keep vision appointments up to date to prevent falls.

## Prevent home falls to cut the senior rate of brain injury in half!

1. Create clear pathways.
2. Clear objects from floors & steps.
3. Remove or tape down loose rugs.
4. Do not walk over wires or cords.
5. Replace burned out light bulbs.
6. Replace loose or torn carpet.
7. Fix loose handrails on steps.
8. Use a tub mat or non-stick strips.
9. Install grab bars for tub, toilet.
10. Wear an alarm device to call help.

## More information

Go to [www.cdc.gov](http://www.cdc.gov) to order these free brochures: "Preventing Traumatic Brain Injury in Older Adults" and "Check for Safety: A Home Fall Prevention Checklist for Older Adults".